



## DRESS CODE POLICY

### TABLE OF CONTENTS

WHY A DRESS CODE	PAGE 1
WALDORF CLOTHING	PAGE 1
KINDERGARTEN GUIDELINES	PAGE 1
PRIMARY GUIDELINES	PAGE 2
GAMES GUIDELINES	PAGE 2
FESTIVAL GUIDELINES	PAGE 3
POLICY INFRACTIONS	PAGE 3

## WHY HAVE A SCHOOL DRESS CODE?

The Nairobi Waldorf School Trust dress code has been developed to provide a distraction-free environment for the children, to enable free thinking, and better allow them to be focused on their student activities. We appreciate your full respect of this school policy.

Dress codes do several things to promote a safe learning environment for children:

- When children wear clothes free from media characters or team sport logos, the opportunity for exclusion based on clothing is absent. De-emphasizing pressure to look 'cool' by wearing certain clothing helps children of all economic backgrounds reduce social pressure based on clothing.
- Clothing can be distracting. Removing distracting clothes from a school atmosphere allows children to concentrate on learning.
- Having a dress code instead of a uniform allows for some freedom of personality.

## WALDORF PHILOSOPHY ON CLOTHING

A Waldorf education focuses on the specific developmental needs of children. It strives to educate the whole child and does so in a respectful way of both child and environment, using natural surroundings for optimal development.

In keeping with the Waldorf philosophy, students are encouraged to wear clothing that is made of natural fibers such as cotton or wool, allows them freedom of movement, and promotes the respect of oneself and others. A student learns best when clothing is not a distraction.

According to anthroposophical teachings, the basis of Waldorf education, colors have spiritual powers and meanings and they play an important role in child development. Bright, cheerful colors that are found in nature are encouraged.

## PRE-SCHOOL AND KINDERGARTEN DRESS GUIDELINES

Clothing should be simple and comfortable, allowing children to work and play freely.

Proper temperature is of the utmost importance for growing children. During colder weather, children must have adequate coverage, including warm pants or tights under skirts. Layers of clothing allow for temperature acclimation throughout the day.

Shirts need to be free of text, advertising, logos, and graphics/characters, and long enough to cover midriffs while hands are raised above the head. Solids, stripes, polka dots, plaids, etc. are all appropriate.

On field trips or school functions, students may be required to wear their Nairobi Waldorf School Trust t-shirts.

What to pack:

- Jacket or sweater for cool mornings
- Hat for sunny days
- Raincoat for rainy days
- Gum boots for muddy for rainy days
- Swimming costume and towel for scheduled water-play days
- A pair of indoor shoes which are to be used in the preschool/kindergarten room only
- A small bag with one extra change of clothing including undergarments for your child every day - please be sure to check this bag regularly to see if any items need to be washed and replaced

## PRIMARY SCHOOL DRESS GUIDELINES

Clothing should be neat, simple, and comfortable, allowing students to work and play freely and to participate without concern of soiling garments or tripping over long, baggy clothes.

Pants, shorts, dresses, and skirts should be appropriate for weather and class activities. Pants should not be too long, too baggy, or too tight and please, no undergarments visible. Skirts must be at least long enough that the student's fingertips can touch the hem when arms are fully extended at their sides unless worn with leggings or tights.

Shirts should be free of text, advertising, logos and graphics/characters, and long enough to cover midriffs while hands are raised above the head. Solids, stripes, polka dots, plaids, etc. are all appropriate. We want the children to have a rich experience of color.

What about something generic, like a dolphin, on a t-shirt?

A picture, even of a natural thing is discouraged as it draws attention away from the child's face and distracts from the child him or herself. The eye is immediately drawn to the shirt and the child is looked at secondly.

When subtle clothing is used, the face is the highlight of the child's body. Clothing should frame the face so that a person's feelings and thoughts can be captured, not those conveyed by their clothing.

With subtle clothing there is no need to try to outdo each other in the way of the more popular styles or keeping up with the latest fashions.

Ensure students pack:

- Jacket or sweater for cool mornings
- Raincoat for rainy days
- Closed-toed shoes for outdoor wear - no sandals
- Gum boots for rainy days and gardening
- Indoor shoes/slippers/socks for inside the classroom
- Games kit as necessary (See guidelines)

## GAMES DRESS GUIDELINES

Students are required to purchase at least one school-branded games kit. The simple, cotton set consists of a t-shirt and shorts and follows the Waldorf philosophy of breathable, soft clothing in natural fibers.

Students must wear this kit on days they participate in games as well as at any on-campus or off-campus sporting function.

In addition to the games kit, a student may be required to bring:

- Sturdy shoes appropriate for games (No flip-flops, sandals, or big boots)
- Cleats for certain field activities
- Shin guards for football and field hockey
- Swimming costume, towel, and goggles for swimming lessons

The games teachers will advise parents on what to pack according to class and theme at the beginning of each term. A student may be asked to sit out from games if they do not dress according to these guidelines.

## FESTIVALS AND PERFORMANCES GUIDELINES

The Nairobi Waldorf School Trust hosts many festivals, performances, and special events. At some of these functions, students may be asked to dress in specific clothing. In most cases, students should wear a plain white shirt and simple black pants.

This policy is important in teaching students about aesthetics - the environment around us and what we perceive is important to a performance. When a class looks uniform, they can perform uniformly. Students dressed inappropriately may be asked to turn a shirt inside-out, cover-up, or may even be sent home to change.

The class teacher will inform parents in advance of the required dress for specific festivals and performances.

## POLICY INFRACTIONS

The Nairobi Waldorf School Trust will strive to be consistent in upholding the dress code policy. If a teacher or staff member observes clothing that does not meet the above guidelines, a student may be asked to change. If no alternate options are available, the student may be required to turn their clothing inside-out. Following consistent infractions, parents will be notified that the style of dress their child exhibits does not follow school policy and should be remedied.